



Review Article

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AN OUTLOOK ON THE ROLE OF BRIHATYADI KWATHA IN MUTRAKRICHRA

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ABSTRACT

Urinary disorders and their treatment are explained throughout the textbooks of Ayurveda. Mutrakrichra is one of the frequently occurring urinary disorders. Many formulations are told for its pacification in the form of Vati, Kwatha, Ghrita etc. One among the widely used kwatha for relief from this illness is Brihatyadi kwatha. Various references with different ingredients are found in different classics. Here Brihatyadi kwatha described in Astanga Hridaya is taken up for review. It consists of 5 drugs of laghupanchamula. An attempt has been made to explain its role in the management of Mutrakrichra.

Keywords: Brihatyadi Kwatha, Mutrakrichra, Urinary disorder

INTRODUCTION

Basti is considered as one among the three vital organs in the body. The unique narrative of anatomical aspects of urinary system in the form of various organs like basti, vrikka, mutravaha srotas, mutravaha sira, dhamanis and nadis, gavini are perceived through our classics. Even the physiological aspects and diseases relating to urinary tract have been depicted. One of such disorders of basti is Mutrakrichra where there is difficulty in passing urine associated with pain. The nidana, samprapti, different types and their respective treatments have been explained in Charaka Samhita, Sushruta Samhita, Astanga Sangraha, Astanga Hridaya, Madhava Nidana, Bhavaprakasha, Yogaratnakara, Bhaishajya Ratnavali.

A number of different dosage forms have been elucidated in all the above treatises for the treatment of the same. Among these the one that grabs our attention and is useful in the treatment of mutra vikaras is Brihatyadi Kwatha. Various references of this formulation are found according to different authors.

Opinions of different authors regarding Brihatyadi kwatha

Brihatyadi Kwatha is a formulation explained in Astanga Hridaya Chikitsa sthana¹ for the treatment of all mutra rogas. We can find the same reference in Astanga Sangraha² in the context of Mutraghata and also in Sahasrayoga Kashaya prakarana³. This formulation comprises of drugs like Brihati, Kantakari, Prishniparni, Shaalaparni, Gokshura. Here Gokshura must be taken double the quantity of other 4 drugs or one part of the 4 drugs can be taken and 2 parts of gokshura. It is told that from these drugs either we can prepare Kashaya, Ksheerapaka or Ghrita.

In Bharatha Bhaishajya Ratnakara⁴ we can find five different references of Brihatyadi Kwatha. In Chakradatta, Gada nigraha, Brihat Yoga tarangini, Brihat Nighantu ratnakara, Vangasena, Vrindamadhava, Yogaratnakara, in the chapter of Mutrakrichra, Brihatyadi Kwatha having drugs Brihati, Kantakari, Pata, Yastimadhu, Indrayava is explained which does pachana and helps in curing Tridoshaja mutrakrichra.

Another Brihatyadi Kashaya is explicated in Chakradatta, Vrindamadhava, Gadanigraha, Bhaishajya Ratnavali in Shulaadhikara and Sahasrayoga, which consists of drugs like Brihati, Kantakari, Gokshura, Eranda, Kusha, Kasha, Ikshuvalika. In Yogaratnakara the same is described where drug Kantakari has not been told but other drugs are same. It is indicated in severe shula due to pitta.

In Chakradatta and Bhaishajya Ratnavali Mukharogadhikara, Gandusha for pain in Krimidanta by Brihatyadi Kashaya containing drugs like Brihati, Bhukadamba, Eranda, Kantakari has been told. According to Gadanigraha, Brihatyadi Kashaya explained in Jwaradhikara contains drugs Brihati, Pushkaramula, Bharangi, Shati, Shringi, Duralabha, Vatsaka beeja, Patola and Katurohini. This is indicated in Sannipata jwara and diseases with upadrava like kasa etc. The same has been told as Brihatyadi gana by Bhaishajya ratnavali, Chakradatta, Charaka Samhita, Bhavaprakasha, Vangasena, Vrindamadhava. Charaka Samhita has described one more Brihatyadi Kashaya which is indicated in Sannipatajwara having drugs like Brihati, Vatsaka, Mustaka, Devadaru, Shunti and Kolavalli.

The one that has been taken up here for review is the reference according to Astanga Hridaya mentioned in the beginning. The ingredients are stated in Table 1.

Table 1: Ingredients of Brihatyadi Kwatha

Drug name	Botanical name	Parts used	Ratio
Brihati	<i>Solanum indicum</i> Linn.	Root	1 part
Kantakari	<i>Solanum xanthocarpum</i> Schrad and Wendl	Whole plant	1 part
Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	1 part
Shaalaparni	<i>Desmodium gangeticum</i> D.C.	Whole plant	1 part
Gokshura	<i>Tribulus terrestris</i> Linn.	Fruit	8 parts

DISCUSSION

The five drugs in this formulation amount to laghupanchamoola, which is a part of dashamoola. According to Bhavaprakasha⁵, laghupanchamula are having properties of Madhura, Laghu, Ushna, Balya, Brihmana, Grahi, Pittavatahara and helpful in diseases like Jwara and Ashmari.

Gokshura phala is Vatapittashamaka in nature, Vatahara due to Madhura rasa and Madhura vipaka and Pittashamaka because of Madhura vipaka and Shita virya. It is Bastishodhaka and Mutrala which facilitates the correct functioning of Mutramarga relieving the pain and obstruction. In Charaka Samhita⁶ in the context of agryas it is explained as Mutrakrichrahara and Vatahara and it was considered in Mutravirechaniya gana by Acharya Charaka.

Brihati has Katu Tikta rasa, Ushna virya, Laghu, Ruksha, Tikshna gunas, Katu vipaka and it is Kaphavatashamaka. It is having actions like Hridya, Pachana, Ruchikara, Shulahara and Agnivardhaka.

Kantakari is having properties of Tikta Katu rasa, Laghu Ruksha guna, Katu vipaka, Ushna virya. Its action on dosha is Kaphavatashamaka. Its mula has karma like Jwaraghna, Dipana, Pachana, Krimighna, Hridya, Pramehahara. Its phala has actions of Shukra rechaka, Bhedana, Dipana, Balya and Mutrala.

Prishniparni is having Madhura Katu rasa, Laghu Sara guna, Madhura vipaka and Ushna virya. Its doshaghna karma is Tridoshashamaka. Its karma include Vrishya, Dahashamaka, Jwaraghna, Trishnahara, Vranahara.

The properties of Shaalaparni are Madhura Tikta rasa, Guru Snigdha guna, Shita virya and Madhura vipaka. It is Vatapittashamaka, Jwaraghna, Atisarajit, Mehaghna, Krimighna, Bramhana, Rasayana, Shophahara, Vrishya.

As a whole, all of these drugs encompassing Laghupanchamula gana are Krimighna, Mutrala and Dahashamaka in nature which is responsible for alleviating the disease of Mutrakrichra.

CONCLUSION

In the present era health care has taken precedence due to which we are able to prevent and treat most of the infections, but even then there are few which manifest frequently. Mutrakrichra is one such disease which manifests mainly due to lifestyle and unhygienic practices. From the above interpretation we can say that Brihatyadi Kwatha is therapeutically potent in treating this condition.

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